

HOW TO MAKE STRESS YOUR FRIEND

2. These sentences will help you understand words and phrases in the TED talk. Read and listen to the sentences then choose the correct meaning for each word or phrase.

1. Keeping a secret can be very stressful. For years I didn't tell my wife that I had lost money in a bad business deal. As soon as I made a **confession** about what I had done, I felt so much better.
When you make a **confession**, you _____.
a. admit that you did something wrong b. blame someone else c. tell a lie
2. You need to take care of yourself. If you **are not willing to** reduce your stress levels, eat a healthy diet, and exercise every day, you will never get better. To **heal**, your body needs all of these things.
If you **are willing to** do something, you _____.
a. agree to do it b. are excited about it c. don't want to do it
Heal means _____.
a. become healthy again b. grow up c. take care
3. Teaching can be stressful, but it can also be rewarding. When students are successful, it **motivates** the teacher. Their success makes the teacher want to work even harder.
Motivate means _____.
a. to be successful at something b. to give (someone) a reason to do something c. to work hard at something
4. She is a great doctor. She cares deeply about her patients and is always very **compassionate**. In turn, her patients show their **appreciation** by sending her thank-you cards.
Compassionate people _____.
a. have a lot of experience b. show sympathy for others c. think deeply
Appreciation means _____.
a. kindness b. thankfulness c. understanding
5. It takes **courage** to be a good police officer. The police have to face danger every day and remain strong and calm. Good police officers also need to have **empathy**. They need to be able to understand all different types of people and their problems—even people who are very different from them. Finally, good police officers need **resilience**. They need to be able to face stressful situations day after day and stay strong, both emotionally and physically.
Courage means _____.
a. bravery b. kindness c. understanding
Empathy means _____.
a. knowledge about many things b. the ability to understand other people's feelings c. the need for help from someone else
Resilience is _____.
a. emotional support and understanding b. physical strength c. the ability to recover from difficulty
6. After my best friend lost his job, I had to ask him how he was dealing with the stress of being unemployed. I did not have **access** to his mind to know his thoughts and feelings.
Access is the ability to _____.
a. believe b. go inside c. think